

How to Keep Me Safe:

- Do not put pillows, large or floppy toys or loose plastic sheets in my crib.
- Never leave me alone in the bathtub or where I might fall – not even to answer the phone or doorbell.
- Pick me up under my arms, and support my head with your hand until my neck becomes stronger.
- Always put me in a car seat when I am in a car – it is the safest place for me to be. Make sure my car seat is put in the car the correct way.
- Do not smoke near me or in my house. My lungs are fragile.
- Do not prop a bottle in my mouth because I can not take it out and I might choke. I can learn a lot when you hold me and talk to me when you are feeding me.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

How I Grow



Birth
through
2 months

How I Develop:

- I like to sleep a lot.
- I am hungry every one to four hours.
- I can turn my head side to side when I'm on my tummy.
- I like to suck even when I am not hungry.
- I wobble my head when I am propped up.
- I may cross my eyes sometimes or may not make eye contact for long periods.
- I am learning to laugh, smile and coo.
- I can hold objects for a short time.

How I Act:

- I may be fussy and cry a lot.
- I startle or cry at loud noises, bright lights and rough handling.
- I may eat and sleep at different times each day.
- I like to look at your face and eyes.
- I may look away, cry, put my hands up when I have had enough and need some quiet time.

- I recognize mom's and dad's voices and I like to hear them talk.

- I like to be held closely. I feel warm and safe when you hold me.

How You Can Help Me Learn:

- It will not spoil me if you hold me. I need lots of love and attention.
- You will soon learn what my different cries mean.
- I like you to smile. Sing and talk to me often.
- Change my position occasionally to give me a new view of the world.
- If you have a sling or snugli, I love to be carried in it.
- Take me for a walk or to the store – I like to see and hear what is happening.
- Rub my body gently after my bath – I like your touch.



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If you have questions, contact:

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Sincerely,

Health Education Resource Exchange Web Team